



Seminars

Source4Women® offers seminars covering the health topics that may be important to you and your family, at no additional cost to you.

Our seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may e-mail our speakers with your questions during the presentation and they will respond during a question and answer session.

Juicing for Better Health

Kathleen Zelman, MPH, RD

May 12, 2015, 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

The juice revolution is upon us, are you ready to give juicing a whirl? Learn how to drink your way to a healthier you with nutritious juices and smoothies for nourishing snacks, meal replacements and an easy way to help you eat more fruits and veggies. Recipes for the most nutritious beverages will be included. Join us to understand what you can expect juicing to do for you, and what's just hype - like juicing for detoxification and cleansing.

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**Kathleen Zelman,
MPH, RD**

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She currently serves as director-at-large on the American Dietetic Association (ADA) Board of Directors, and received the prestigious ADA "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition issues through the media.



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